

Be **ACTIVE** Your Way VA!

## 2009 Champions' Challenge

March 29, 2009-June 20, 2009



VA is a proud supporter of the U.S. Department of Health and Human Services Physical Activity Guidelines for Americans.

**It's not too late to  
register & participate!**

**Goal:** Complete **150 minutes** or more of moderate intensity physical activity for at least 8 out of 12 weeks during the challenge.

Earn milestone **Prizes** along the way.

All participants who complete the challenge will be eligible for entry into a national prize drawing sponsored by Veterans Canteen Service

# BE ACTIVE YOUR WAY VA!

## 2009 Champions' Challenge Instructions to Participate

**Registration begins: March 29, 2009**

**Register on-line at:** [www.move.va.gov/challenge.asp](http://www.move.va.gov/challenge.asp)

- You do not have to use your name to register.
- You will need to: Create and enter a username, a password, and provide an email address.
- Choose the group that best describes you:
  - Employee
  - Veteran
  - Both - if you are a veteran and an employee
  - Other - if you are a non-veteran family member, friend, volunteer, etc.
- Choose your participating VA facility:
  - Temple, TX- VA Central Texas Veterans Health Care System
- Click "Register" button.
- Print your registration certificate.
- NOTE: **Bring your registration certificate to the Kick Off Rally** or take it to your local Veterans Canteen Service (VCS) Retail Store to pick up your prize.
- Registration closes April 30, 2009.

### Start the challenge:

- Your goal is to do at least 150 minutes of moderate-intensity physical activity each week for at least 8 weeks during the Challenge.

### Continue the Challenge:

- Keep track of your physical activity minutes each week.
- For each week of the challenge, go online to [www.move.va.gov/challenge.asp](http://www.move.va.gov/challenge.asp)
- Enter your username and password.
- Check the box if you completed at least 150 minutes of moderate-intensity physical activity that week.
- After you finish your three-week milestone:
- Print the certificate and take it to your local VCS Retail Store to pick up your prize.

### Finish the Challenge:

- Eight week milestone (challenge end):
- Print the certificate and take it to your local VCS Retail Store to receive your prize and pick up an entry form for a national prize drawing.
- Complete your National Champions' Challenge entry form and take it to your local VCS Retail Store
- The drawing for the National Champions' Challenge prizes will take place in July 2009.
- You will be informed by phone or email if you win a prize in the national drawing.

**Please join the challenge when it begins on March 29th.**

The Champions' Challenge provides nice prizes for participating in this physical activity campaign that is based on the [Physical Activity Guidelines](#) for Americans. But the best part is- you improve your health.

***Don't fool around with your health! Become active today!***